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news

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Allan Small
on why it's
still too early
to get overly
worried
about oil.
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A father describes the
emotional toll of raising
a premature baby.
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'Room to get better' for women's equality: MP

Lil MacPherson says now, more than ever, men are recognizing their female counterparts.

"Women are standing up and saying, 'Damn it, I want to be a part of this,' and men are saying 'Yes, we need the women,'" said MacPherson, founder and co-owner of the Wooden Monkey restaurant in Halifax.

MacPherson, whose comments refer to today's 100th anniversary of International Women's Day, said the female gender brings

something to the table that men typically don't have: emotion.

"I think a lot of men tend to be all business. You can't make a decision without some part of your heart involved.

"It's just not good business," said MacPherson, citing climate change and poverty as examples.

MacPherson said locally she hopes to see more women in government power positions.

"I think we need a woman mayor," MacPherson said.



"International Women's Day is an important day to celebrate women ... and reflect on what women have achieved."

MEGAN LESLIE, HALIFAX MP

son said. "I think women really need to step up and have a role in what we're going to do with this city and province."

Halifax MP Megan Leslie said women have come a long way in a short period of time, but have recently "stalled."

"Many of us, men and women, think that we have achieved equality and there isn't much more room to get better.

"Then we have these stark moments when we realize, 'oh wait, we're really

not as far ahead as we thought," said Leslie from Ottawa.

Leslie cited a recent sexual assault court case in Manitoba where the accused man received a lesser sentence because the woman was wearing high heels and a tube top.

Wooden Monkey's MacPherson said she thinks women are "scaring the crap out of men."

"We have a lot to say, we have a lot to offer and we need to be taken seriously."

● ALY THOMSON

Not an oval lot of time left for skaters

▶ Canada Games skating surface expected to close this week

With warm weather approaching, the Canada Games Oval's days are numbered, but its long-term future is yet to be determined.

A staff report goes to Halifax regional council at the end of the month. If approved, the oval will be here to stay.

"If council agrees to make it permanent, you may see some more construction work this summer," said Paul Dunphy, HRM's director of community development, adding the sand beneath the surface of the ice on the Halifax Common would be replaced with concrete. The oval has been closed from Saturday afternoon through to yesterday because of a mild stretch of weather. A decision on reopening the oval for skaters today is expected in the early morning.

Dunphy said the combination of temperature, sun,

85K The number
of people
carving their skates in-
to the oval this winter

wind and humidity is making it very difficult to maintain the ice. "We're going to try and get her open but were getting very close to the closing date. It will probably close sometime this week," said Dunphy, adding that wind and humidity are causing the top layer of the oval to remain as water rather than freezing. On Jan. 25, a group of local citizens under the banner Save the 2011 Canada Games Skating Oval presented a petition to council with more than 9,000 signatures.

Looking back, Dunphy said the love for the oval locally is undeniable.

"It was an amazing winter for everybody," he said. "People fell in love with the oval." ● ALY THOMSON



▶ Thousands have skated on the Canada Games oval since its opening in December.

Irritant-spray cases related: Police

Police believe two complaints of being sprayed with sensory irritants over the weekend could be connected. The most recent took place on Saturday just after 8 p.m.

A 51-year-old man was walking in the area of Duffins and Agricola streets when he was approached by a group of three teenage males, who asked for the time and then sprayed the man. On Friday night, a 21-

"Given the close proximity to where both incidents happened, we would be looking at the possibility that these are likely connected."

CONST. BRIAN PALMETER

year-old man and a 15-year-old female were sprayed

with a sensory irritant by a group of teenagers while walking around Duffins and Isleville streets.

"There's a strong possibility that there is some connection between the two," said police spokesman Const. Brian Palmetter.

"Whether or not all the people involved in the second incident were there for the first is still under investigation." ● ALY THOMSON

AVIATION FATALITY

Small plane crash kills 1

One person is dead and another injured

following the crash during a snowstorm of a small plane on the U.S. side of the Maine-New Brunswick border yesterday.

Steve McCausland of the Maine Public Safety

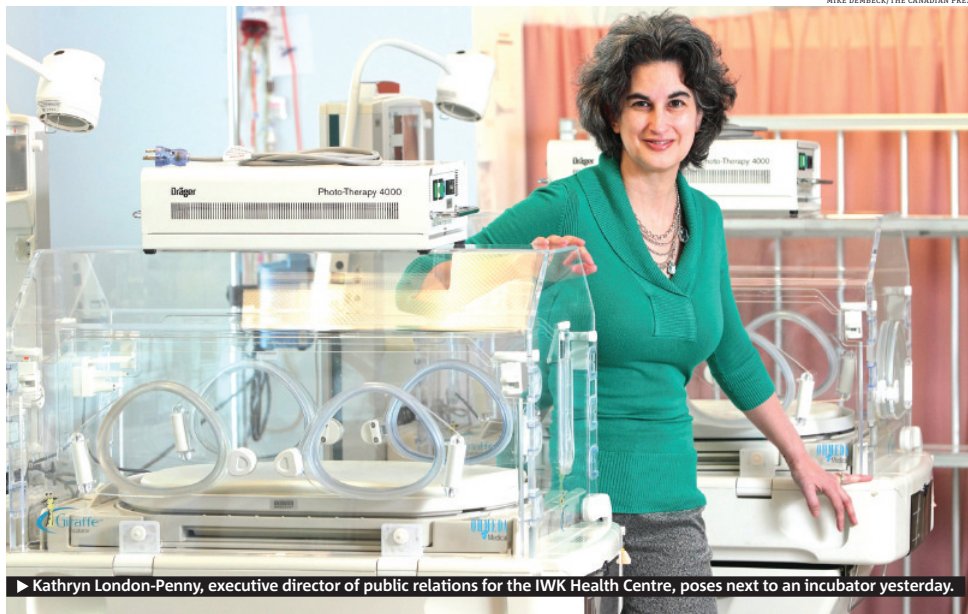
Department said the four-seat Diamond DA-40 left Halifax early yesterday en route to Quebec. A Canadian search and rescue helicopter reached the site and airlifted the injured person to a hospital in Canada.

The names of the two people weren't immediately available. The plane's emergency responder was activated shortly after the pilot reported icing.

THE CANADIAN PRESS

Website helps spread info on kids' health

► AboutKidsHealth.ca is aimed at parents, educators and health-care providers ► On average, it receives more than 140,000 visits each month



► Kathryn London-Penny, executive director of public relations for the IWK Health Centre, poses next to an incubator yesterday.

Four of Canada's leading children's hospitals have joined forces to build up a website that is sure to become a world-class source of information about children's health.

The site, AboutKidsHealth.ca, was created by Toronto's Hospital for Sick Children in 2004.

Since then, it has grown with the help of pediatric experts from IWK Health Centre in Halifax, B.C. Children's Hospital in Vancouver and Children's Hospital at the London Health Sciences Centre in southern Ontario.

"It's a massive collaboration across the country," says Sue Mackay, director of communications at SickKids in Toronto. "Our early focus is Canadian, but we want to expand to partnerships around the world."

The online resource already includes a vast array of information in English, French and Chinese. Some key sections are also spelled out in Arabic, Spanish, Portuguese, Urdu, Swahili and Tamil.

To be sure, there are scores of other websites providing help to those seeking answers about

child health care. However, Mackay says this site is different.

First, it is put together by non-profit health agencies, which sets it apart from the scores of corporate-owned nodes in cyberspace.

"This is without any ulterior motives — other than to improve the health-care education of people around the world," says Mackay.

The site is also remarkable for its clarity. Unlike most health-related websites, AboutKidsHealth.ca offers concise, plain-language articles, videos and illustrations. **THE CANADIAN PRESS**

Website

- Dr. Pat McGrath, a clinical psychologist at IWK, writes an advice column, and new sections have been added on autism spectrum disorder, blood and bone-marrow transplants, juvenile arthritis, leukemia and attention deficit hyperactivity disorder.
- The website's partnership with IWK was established more than two years ago, but the hospital's site will soon be updated with the new content and multi-language sections.

LANDMARK LADY

Chicken Burger Lady dies

Bernice Innes, co-founder of beloved Bedford landmark The Chickenburger, passed away last Friday at the age of 91.

Innes, who became known as the Chicken Burger Lady, started the popular drive-up canteen on the Bedford

Highway with her husband Jack on March 10, 1940.

In 2007, her family sold the business to Mickey Macdonald. Innes, whose husband passed away more than 30 years ago, resided in the white house behind the Chickenburger until last fall before moving to a retirement home.

A memorial will be held on Thursday at 2 p.m. at the Bedford United Church. The restaurant will be closed for that day in her honour. **● METRO**

No call on fraud: Lapointe

Auditor general Jacques Lapointe said he didn't get an anonymous call claiming fraud allegations about three former MLAs and one sitting member sometime in the past decade.

AllNovaScotia.com reported yesterday Lapointe confirmed he received such a call. Lapointe is quoted as saying he is not pursuing the matter because it came from an anonymous tipster from a government insider.

But Lapointe told Metro yesterday he didn't receive such a call.

"I have received some calls since the MLA charges went out, but I always do when there's publicity," he said. "But I've received no information I can follow up on."

He said he can't launch an investigation based on an anonymous tip.

"I personally haven't re-



"If I get an anonymous call, I can't talk to anybody about what it says because it's completely unverifiable stuff."

JACQUES LAPOINTE,
AUDITOR GENERAL

ceived anything like this. They come to my staff," he said, adding such a tip as described in the AllNovaScotia.com article has not come to his attention.

● JENNIFER TAPLIN

Workplace fall injures two at site

Two men were taken to hospital yesterday morning with undetermined injuries after taking a fall at a construction site in Bible Hill.

One man was removed from the roof of the skeletal structure on a stretcher while a second man reportedly was being treated for an ankle injury.

Scott MacDonald, deputy fire chief of the Bible Hill Fire Brigade, said he did not know the full extent of the injuries to either man.

TRURO DAILY NEWS

Recycle

► Lacey said the Canadian Taxpayers Federation believes HRM should continue to publicly educate people about what materials should be recycled and what should be thrown out instead.

35 municipalities in the province have clear-bag policies.

● KRISTIE PEARCE

Trash talking today at city hall

The municipality's latest garbage proposal has some critics questioning the costs involved.

The proposal, which reduces the garbage bag limit from six to four bags per household and requires all but one bag be clear plastic, mean less service for more money, Kevin Lacey, Atlantic director of

the Canadian Taxpayers Federation.

"We don't believe that it's not going to cost taxpayers more money," he said. "I think what the city is saying is that there are opportunities for savings but there's no evidence or proof that they're going to realize these savings."

Reducing the amount of

garbage will reduce the amount of landfill space HRM needs to purchase, a report by council states. A cell of landfill costs \$20 million to build and lasts for three years.

Halifax regional council will discuss the proposal today where Lacey will address cost issues and the privacy of individuals be-

ing compromised.

Clear garbage bags are being implemented to ensure recyclable items and organics aren't being thrown out.

A 2009 waste audit performed by council showed over 30 per cent of materials in black bags should have been composted or recycled. It also states 33 of



► There may soon be a lower limit on black garbage bags.

CONTRIBUTED

CRISIS IN LIBYA

Gadhafi hits from above

Repeated airstrikes by Libyan warplanes yesterday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air.

After pleading from the uprising's leaders, Britain and France began drafting a UN resolution for a no-fly zone in Libya that could balance the scales.

Libyan warplanes launched multiple airstrikes yesterday on

opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast, a day after they were driven back by a heavy government counteroffensive aimed at stopping the rebel drive toward Tripoli, Gadhafi's stronghold.

The rebels can take on "the rockets and the tanks, but not Gadhafi's air force," said Ali Suleiman, a rebel fighter. "We don't want a foreign military intervention, but we do want a no-fly zone."

Over the weekend, Gadhafi's forces unleashed their strongest use of airpower yet in the nearly three-week-old uprising.

THE ASSOCIATED PRESS

Green party launches attack on attack ads

► Campaign encourages Canadians to reject negative political advertising ► Commercial airing this week

SEAN KILPATRICK/THE CANADIAN PRESS

► Green party Leader Elizabeth May, right, looks on as her deputy leader Adriane Carr unveils their attack ads.



The Green party is going on the attack — against attack ads.

Party Leader Elizabeth May has unveiled a 30-second spot that spoofs political attack ads, complete with a militaristic drum roll and ominous voice-over.

"Tired of the name-calling? Smear campaigns? Mudslinging? Are you disgusted with the state of Canadian politics?" the narrator intones. "This does not represent our Canada. It doesn't have to be like this."

May told a news conference yesterday that the ad is meant to encourage people to reject negative political

On the attack

Green party Leader Elizabeth May acknowledges the send-up isn't meant to sway Canadians to vote Green.

- She said the party felt compelled to push back against negative ads after a recent round of Conservative attacks on Liberal Leader Michael Ignatieff.
- Those since-yanked ads prompted a torrent of criticism.

ical advertising.

"We do not have to accept a contaminated, vitriolic, rabidly partisan, unpleasant political culture," she said. "It is not part of democracy."

The Greens are spending less than \$10,000 to run the ad on the television networks CBC, CTV and TVA. It will air three times this week, although May didn't rule out a longer run.

The party has also launched a social media campaign on Facebook and Twitter encouraging people to "change the channel" on negative political ads.

THE CANADIAN PRESS

Rae calls for rebel talks

Liberal MP Bob Rae says the Harper government should be talking to Libyan rebels fighting Moammar Gadhafi.

The National Libyan Council has now positioned itself as the political branch of the anti-Gadhafi forces.

Rae also wants closer Canadian ties with the Arab League and the African Union.

The Foreign Affairs critic says the government needs to engage those organizations in order to put extra pressure on Gadhafi.

THE CANADIAN PRESS

Housing slowdown continues

Canada's housing market has peaked and is showing signs of bottoming out, but that may be a good thing, economists say.

Analysts are expecting soft news for housing this week with the release of the latest Statistics Canada data on housing starts and new home prices, both expected to show a flat or declining trendline.

But economists say a downward adjustment is necessary because "it puts Canada's housing market

"I think a downward adjustment needs to take place to bring fundamentals back to sustainable levels."

GORICA DJERIC, ECONOMIST, SCOTIA CAPITAL

on a more sustainable path," said Krishen Rangasamy, an analyst with CIBC World Markets. That means prices and affordability ratios that are in line with income growth, not above.

Housing has been the bedrock on which Canada's economic recovery has de-

pended. But growth began flattening last spring and has been mixed ever since.

However, economist Gorica Djeric of Scotia Capital says she sees no evidence of a crash looming. And the recovery is finding new triggers of growth, particularly exports and business investment.

THE CANADIAN PRESS

Home truths

- The value of building permits issued by municipalities — a forerunner of construction activity — fell sharply in January by 5.1 per cent to \$5.4 billion.
- Much of the decline occurred in the non-residential sector, which fell to \$1.7 billion, down 13.3 per cent.
- Home building permits dropped 0.9 per cent to \$3.7 billion.

Market moment

TSX	Dollar	Oil	Natural gas
-160.42 (\$14,092.35)	-0.12¢ (\$102.79¢ US)	+1.02 US (\$105.44 US)	1,000 cu ft \$3.927 US (+11.8¢) Gold contracts \$1,434.50 (+5.90)

Dollar, markets fall as oil spikes

The Canadian dollar closed lower against the U.S. currency yesterday as oil prices remained volatile and nervous investors looked for safety in gold.

Crude prices briefly jumped above \$106 US a barrel before settling as fighting in Libya intensified over the weekend, raising fears the conflict won't be over anytime soon.

There has been nervousness that the unrest in the biggest oil producer in

Africa could spread to other oil-rich countries in the Mideast, particularly Saudi Arabia, sending prices up substantially from just under \$90 on Feb. 18.

Meanwhile, world stock markets slid yesterday, pressured by worries that global economic growth will slow as oil prices climb.

In international currencies, the U.S. dollar moved up against the euro but fell against the yen.

THE CANADIAN PRESS

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Moody's Investor Services warned that Greece may have no option but to restructure its debts in the next couple of years despite a \$154-billion US bailout last May.


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The Harbour Wing of the NSCC's Waterfront Campus was certified LEED Silver in May 2010.

ENGINEERS KEEP THE PLANET'S HEALTH IN MIND

With the talk about being green these days, engineers are very concerned about the effect constructing new buildings has on the environment.

"I've been interested in environmental matters for many, many years," says Einar Christensen, P.Eng., a professional engineer who works in Halifax. He's been an engineer for 40 years.

The best-known designation regarding a building's carbon footprint is the Leadership in Energy and Environmental Design (LEED) rating system, a third-party rating system created in 1998 by the U.S. Green Building Council to establish a measurement standard for green buildings.

There are four types of LEED certifications: Certified, Silver, Gold and Platinum.

Buildings are evaluated on a host of criteria.

"It involves everything from energy conservation and efficiency, water use reduction, using materials that have recycled content and reducing the amount of waste by building the building," says Christensen.

There are different ways of achieving these objectives. For example, one way of reducing water use is to develop a system where rainwater is collected and used for flushing toilets. This means domestic water will no longer be used for flushing the toilets.

The rating a building achieves depends on how it performs with the factors mentioned by Christensen, plus other factors. The evaluation is done by the Canada Green Building Council and

is converted into a point total, which determines if and what certification the building qualifies for.

The evaluation process for becoming LEED certified is a thorough one.

"LEED is built on documentation," says Christensen, explaining that documentation must be kept at every stage of the building process by all of the parties involved in the construction.

All of the buildings Christensen works on are built to LEED specification.

He says a typical submission for a LEED Silver building would be around 150 pages and is even larger for the higher certifications. The process of getting certified takes upwards of a year, he says.

An example of a well-known local LEED Silver building is the NSCC's Waterfront Campus, which was certified last year.

ONE LARGE FOOTPRINT

According to one estimate, buildings in Canada account for:

- 1/3** Canada's energy production
- 50%** of the extracted natural resources
- 25%** of landfill waste
- 10%** of airborne particulates
- 35%** of greenhouse gases

Source: Canada Green Building Council

Engineers

Architects

Developers

Construction Management

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TRILLIUM PROJECT OPENS FALL 2011

Nearing completion, The Trillium on South Park is set to open this fall. The 19-level structure will mix close to 80 condo units with up to 27,000 square feet of commercial space.

"We are very proud of it," says Wadih Fares, P.Eng., the president and CEO of the WM Fares Group, the developer behind the project.

He says The Trillium will create a vibrant environment around the Public Gardens and Victoria Park, while the urban design streetscape will serve as an extension of Spring Garden Road.

FEATS OF ENGINEERING

The Trans-Canada Highway between Victoria, British Columbia and St. John's, Newfoundland and Labrador is the world's longest national highway with a length of 8030 km. That's over 87,527 football fields!

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SEVEN HABITS OF THE HOPELESSLY SINGLE

She says ...

JESSICA
NAPIER

At first it was fun being the token single pal, recounting your hilarious dating adventures for your boring coupled-up friends.

But after a while the drama gets tiring and now that everybody is settling down you're starting to wonder — why am I still single?

Now you're one more disastrous date away from retiring your heels and giving up for good. But before you slip into a bathrobe and adopt a family of stray cats think about what you might be doing to inadvertently sabotage your love life.

You jump into bed right away: Sexual chemistry is an important part of any relationship, but doing the deed too soon doesn't give you

a chance to learn each other's last names let alone your hopes and dreams. If you're looking for a relationship that extends beyond the bedroom, try getting to know each other before getting undressed.

You're still in love with your ex: Stop comparing everyone to "the one that got away" and remember: it didn't work out for a reason. Delete phone numbers, cease all e-stalking activity and move on.

You're too nice: Being perpetually agreeable is both boring and a major turn-off. Dial back your desperation for approval and don't be

"If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date."

Your routine has left you in a rut: Every day you take the same bus to the same office and then have drinks with the same friends at the same bar and then go home to the same bed ... alone. Do you see where I'm going with this?

You're a stage-five clinger: Is playing it cool a foreign concept to you? If you follow up a first date with a phone call, a text message, an email, another phone call and an enthusiastic Facebook status update, you're probably scaring away potential suitors.

You're really into reality TV: Or

postmodern feminist literature or Farmville. A unique passion makes you interesting; it can also mean you have a one-dimensional personality. If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date.

You're shallow: High standards are fine; a long checklist of unrealistic expectations is outrageous. Focusing on the superficial not only makes you a jerk, it means you'll miss out on a potential romance just because he or she isn't tall enough, blond enough, rich, etc. Remember: no one is perfect. Not even you.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Parking ban's blind spots

THEY ARE EFFECTIVE.

Letters
& Tweets

RE: Common sense approach for parking ban, published March 7

DARTMOUTH. I for one support the ban, but I have a few suggestions for those opposed to consider.

If this is such an inconvenience to you, get rid of your car. Take a bus, walk or carpool.

Saying "if there's no snow on the ground" is a poor excuse to alter the ban. If you haven't been in Nova Scotia the last 20 years, you may have missed the weather patterns and how unpredictable they are. If you go to bed at, say, 10 p.m., are you gonna get up every 20

Peripheral vision for those against it



minutes to make sure that we haven't been coated in snow?

I like this one: Have neighbourhoods decide if they want to support the ban or not. Areas that don't want the parking ban will have to fend for themselves, period.

When you wake up and you can't get to work, school, the store, etc., and

rescue vehicles cannot get to you, simply have everyone on your block who wanted to ban this come out and grab a shovel.

The rest of us will continue to enjoy snow plows and clearer streets.

If you are sulking over this ban, you probably left your car somewhere and now have to pay a tow or ticket fine. **SEAN DEWITT**

Is Charlie Sheen acting like this for publicity?

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Metro Minute with
Ron Sexsmith

Two years ago Ron Sexsmith put on four incredibly popular shows at the Carleton, and he's back again.

And he just released his 11th album, *Long Player Late Bloomer*, last week.

The shows tonight and tomorrow night at the Carleton are, needless to say, already sold out.

"Ron had a wonderful

time (in 2009), we had a wonderful time hosting him and, most importantly, our audience had a wonderful time at the shows — and an extraordinary experience," according to the Carleton's web site. "As great as it was, I wasn't sure it would ever happen again, but I am thrilled to be able to say that it will."

● METRO



► Ron Sexsmith will play two sold-out shows, tonight and tomorrow night, at the Carleton.

2
scene

Scene in brief



Justin Bieber is getting a pair of his shoes enshrined at the Bata Shoe Museum in Toronto.

The Stratford, Ont., native's shoes will be on display in the museum's main space next week, during March Break.

After that, the 17-year-old pop star's shoes will be exhibited in the celebrity gallery, alongside footwear from other Juno Award-winners.

Bieber has also donated a pair of kicks — purple Nikes — to the Stratford Northwestern Secondary School to be auctioned off on eBay.

The autographed shoes are being sold, individually, to help the school build a broadcasting and communications studio.

THE CANADIAN PRESS



Is too much Sheen harmful — for Sheen? Critics and psychologists weigh in. Scan or visit metronews.ca for story.



▶ Aaron Eckhart stars as U.S. marine Staff Sgt. Michael Nantz in the alien invasion film *Battle: Los Angeles*, which opens this Friday.

Eckhart stays true to the marine spirit

▶ **Battle: Los Angeles** star took the U.S. marine's motto *Semper Fidelis* (always faithful) to heart, as he never broke character during shooting



NED
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METRO WORLD NEWS IN LOS ANGELES

Battle: Los Angeles may seem like a big-budget popcorn movie, but star Aaron Eckhart wasn't about to approach it that way.

"If I'm going to do a sci-fi movie, I want it to be real," Eckhart says. "I want it to be believable, like documentary filmmaking. I want you to think you're at war. And I thought the only way to do that was to be in character."

He's not exaggerating. According to Eckhart — and corroborated by his co-stars — the *Dark Knight*

and *Thank You for Smoking* star stayed in character as U.S. marine Staff Sgt. Michael Nantz throughout filming. "For example, I broke my arm making the movie and didn't stop filming, and didn't tell those guys," he says. "Never gave them an excuse to wimp out, to cry, because that's not what marines do."

Eckhart admits such an intense working style isn't for everyone — and didn't win him a ton of friends.

"These guys probably hated my guts because I was in character all the time, 100 per cent," he says. "I gave everything to this movie — probably to my social detriment. But I

didn't care about that. All I cared about was this movie. It meant so much to me." It's a working style that he prefers. "If I can, I'd always stay in character. It's just easier that way. That doesn't mean you can't laugh and have good times, because every character has all those facets of his personality."

Eckhart even kept at it during the film's pre-shoot boot camp. "I didn't let them get too close to me, and I busted them down," he says of his young co-stars. "I put them through their paces and made them hurt."

Now that Eckhart has had a taste of big-budget

popcorn fun, is he ready for more?

"No, no. But I would like to make a sequel to this movie," he says.

Still, Eckhart might be taking a break from smaller films like *Rabbit Hole* and *Love Happens* for the time-being, thanks to his *Battle: Los Angeles* experience.

"I'd like to make a western, that would be good," he says.

"You know, a hard-core western like this, where it's real. Anything where it's real. I wish I had been in *Black Hawk Down*, or *Apocalypse Now*. I don't want to be in wimpier movies."

Alien encounters

The star of *Battle: Los Angeles* Aaron Eckhart has some "experience" with aliens.

▶ **Unidentified.** Aaron Eckhart had a close encounter of his own when he was a young man, which may have uniquely prepared him for *Battle: Los Angeles*. "I saw something in the sky. I must've been 22, 23," he remembers. "It was unidentified because I don't know what it was, I don't know if it was aliens. I mean, it was insane. I'm not doubting that I saw it, because I saw it, there's no doubt in my mind. But I don't know what it was."

DVD Releases this week

Buy it ●●●●● | Rent it ●●●●● | Borrow it ●●●●● | Yawn ●●● | Don't bother ●



Doc doesn't pull punches

Inside Job

Genre: Documentary
Director: Charles Ferguson
●●●●●

The cost to date of the 2008 money meltdown is more than \$20 trillion worldwide, with millions of people losing their jobs and homes. The end is still far from sight, but thanks to Charles Ferguson, a filmmaker and journalist par excellence, the beginning is now much more in focus.

Inside Job, the recent Oscar winner for Best Documentary Feature, is Ferguson's masterful account of the roots of this sorry affair. It names names, points fingers and takes no prisoners in its scathing

dissection of what Ferguson persuasively calls "a completely avoidable crisis" — one sparked by the greed and malfeasance of financial cowboys and their stooges in politics and academia.

Where other films have played the Great Recession for bitter laughs (Michael Moore's *Capitalism: A Love Story*) or overripe drama (Oliver Stone's *Wall Street 2: Money Never Sleeps*), Inside Job approaches the topic as both a detective story and a history lesson.

● PETER HOWELL



Morning Glory

Genre: Comedy

Director: Roger Michell

Stars: Rachel McAdams, Harrison Ford and Diane Keaton
●●●½

It doesn't pay to have a good memory or high standards when appraising this fitfully amusing broadcast satire that unfortunately invites comparisons to sharper times and pens. Morning Glory can only approximate those successes — even though Rachel McAdams would make an excellent Mary Richards, Harrison Ford a decent Lou Grant and Diane Keaton an intriguing hybrid of Ted Baxter and Sue Ann Nivens. ● PETER HOWELL



► Guy Richie

Guy Richie expecting a baby

Madonna's sons Rocco and David can soon expect a half-brother.

Their dad, director Guy Richie (Sherlock Holmes), is expecting a baby with his girlfriend, British model Jacqui Ainsley, according to News of the World.

When not procreating, the filmmaker is currently at work on the sequel, Sherlock Holmes: A Game of Shadows.

● METRO

Sheen gets the axe

► Embattled actor fired from Two and a Half Men

Charlie Sheen was fired yesterday from Two and a Half Men by Warner Bros. Television following repeated misbehaviour and weeks of the actor's angry, often-manic media campaign against his studio bosses.

The action was taken after "careful consideration" and is effective immediately, the studio said in a statement. No decision has been made on the show's future without its star, said Paul McGuire, a Warner spokesman.

The actor, who has used TV, radio and social media to create a big megaphone for

himself, was not silent for long.

In a text to The Associated Press, Sheen responded, with the F-word

and "They lose," followed by the word "Trolls."

Asked if he planned to sue, Sheen texted back, "Big." As for his next move, Sheen texted, "A big one."

THE ASSOCIATED PRESS



► George Michael

No more 'faith'? Michael dumped by partner: Report

George Michael's troubles never end.

The 47-year-old former Wham! singer, who's been convicted of drunk driving more than a few times, and has called himself "the poster boy for cannabis," has been left by his longtime boyfriend, Kenny Goss, 51, according to the U.K.'s The Sun.

"The writing has been on the wall for some time," a source told the newspaper.

"There are only so many second chances Kenny was prepared to give. He's been loyal to George from Day 1, but that hasn't always been reciprocated."

● METRO

Celebrity tweets



Rihanna
[@rihanna]
Sydney, u rock so hard! SO much FUN

2nt...U wore me out!! Now I gotta muster up some energy 2 go flash my tits for beads.



Adam Levine
[@adamlevine]
This new song of ours is insane.

Bananas. Gangbusters. Ghost Busters



Steve Martin
[@SteveMartinToGo] My cat is asleep, draped over

my land-line phone. I'm going to call from my cell phone and give him a

start....hang on.
(Update) Now en route to hospital to have cat claws removed from face.



Conan O'Brien
[@ConanOBrien]
If Charlie Sheen follows me, I win. (Update) It's official: @charliesheen is following me on Twitter, so I win. Charlie, I'm sending over a van to collect the goddesses.



P. Diddy
[@iamdiddy]
Logic will get you from A to B. Imagination will take you everywhere. — Albert Einstein

● METRO

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Quoted



"If I had stayed in South Africa, I'd probably have become a victim, too. Everybody can, and so can their mother and sister. But that's not the reason I'm involved ... I just feel very strongly about my country's rape crisis."

ACTRESS AND UN AMBASSADOR CHARLIZE THERON ON RAPE IN HER HOMETOWN AND HOW MORE ATTENTION NEEDS TO BE PAID TO STOPPING THE CRISIS

"When I see rape victims proud and happy again I know that my work matters."



Scan this code to learn about a group called The Elders which is trying to stop child marriages.

Equality fight not over for Canadians

► Women of Canada have made huge strides and great accomplishments, but gender differences are still 'huge' ► Equal wages, sexual violence and the glass ceiling are problems

International Women's Day



As we mark International Women's Day, it's only natural the names of our own female heroes spring to mind.

First big shout should go out to Canada's eternal feminist: Manitoba's Nellie McClung fought hard to enshrine women, getting them legally recognized in 1929 as "persons," an elevation in status that meant women gained rights similar to those of men.

The battle's not over though. Even some 80 years later, things are far from 50-50, according to University of British Columbia professor Mary Bryson. A wide gender gap still exists with respect to wages, the representation of women in board rooms and with women being the



► Nancy Greene, who won a gold and silver medal at the 1968 Winter Olympics, seen here as part of the 2010 Olympic torch relay is just one of many great Canadian women.

predominant victims of sexual violence, she says.

"Many Canadians feel we've eradicated gender difference and that's far from the case," says Bryson, who teaches gender and sexuality studies. "The differences are still huge."

Of course, it's vital that we continue to wave the equality banner, says Bryson, and salute those female champions who paved the road before us. Here are a few:

- Agnes Macphail, first woman to sit in the House of Commons.

- Senator Anne Cools, the first person of colour appointed to the Canadian Senate (1984).

- Pauline Johnson, first native poet to have her work published.

- Nancy Greene, champion alpine skier.
- Dr. Elizabeth Bagshaw,



one of Canada's first doctors and women's health advocates.

- Lucy Maud Montgomery, author of Anne of Green Gables.

- Kenojuak Ashevak, pioneer of modern Inuit art.

- Michaëlle Jean, Canadian journalist and 27th Governor General of Canada.

- Roberta Bondar, first Canadian woman in space.

- Sue Johanson, sex educator: THE CANADIAN PRESS

60 seconds

► To learn more about Sophie Grégoire

-Trudeau's work with Because I am a Girl, or to see how you can participate, visit plancanada.ca/ Get-girls-involved.



SOPHIE GRÉGOIRE-TRUDEAU

"THERE'S STILL WORK TO DO"

The eTalk reporter has teamed up with Plan Canada's Because I am a Girl campaign to raise awareness about female issues both here and around the globe.

What does this particular cause mean to you?

When you look at the most disadvantaged people, the poorest people on this planet, you're looking at women and children.

Anything that has to do with women's causes is close to my heart, so when Because I'm a Girl came to me, it was just a total fit. I thought the work they were doing was incredible, not only on an international level, but how they're reaching out to millions of girls here in our own country.

If you could change one thing about the state of women

and girls around the world, what would it be?

I would say, equality and justice. It's difficult to believe that women are still violated, humiliated, forced into sex trades, beaten, burned with acid for one single reason: because they're women. It gives me a heartache and it's absolutely unacceptable.

What do you see as Canada's unique role in the betterment of women's lives?

There's still work to do, but we're so blessed here. When we have the means to become agents of change — and I truly believe that it takes one person to start a contagious cycle of help and positive energy — I believe that here we have everything we can use to extend the help, to extend awareness.

Where do we still fall short?

Still on the wages (in the workplace). If you read the studies we're still not there. Aboriginal issues

here are also huge for women. It's going to be a continuing battle, but I do think there is hope and that hope is in young girls and boys.

You've had your own struggles with bulimia as a young girl. How did you overcome them?

Sometimes I think back and in a way, because I suffered from that mental disorder, it is who I am today. And because of that I got to reach out and be in contact with hundreds and thousands of young people, and because of that, I'm able to do work on this wonderful campaign today.

You have a young daughter now. What can you take from your experience to try to make sure she doesn't go through the same ordeal?

The only way that I can assure myself is just being myself, and serving as an example and role model for my children by the actions that I take and the words that I share.

• JORDANA DIVON

Top jobs still elude women

As the world marks the 100th anniversary of International Women's Day next week, a study suggests few Canadian women hold the reins of power at big companies.

The 2010 Catalyst Census looked at women senior officers at the Financial Post 500 companies. It found women's advancement into the executive suite has been a crawl, rather than a gallop, over the past couple of years. Researchers reported 17.7 per cent of women were senior officers at the FP500 companies as of June 1, up slightly from 16.9 per cent in 2008.

"The pace of change has been glacially slow, when we consider that women's representation in senior officer positions increased by less than one percentage point over two years," said Catalyst spokeswoman Deborah Gillis.

THE CANADIAN PRESS

Nature of things

► Exercising outdoors linked to reducing stress levels



CELIA MILNE
LIFE@METRONews.ca

Just do it — outdoors.

Now that the weather is warming up, why not take your workout outside.

Exercising in nature is super good for you, according to studies that are sprouting up all over the world.

"Nature-based exercise may provide a greater buffer against stress and an opportunity for contemplation in an overly distracted world," says Dr. Alan Logan (ND), who is currently writing a book on the topic.

"Compared to the treadmill, research shows exercise in the outdoors, particularly in green space, can provide a mental edge. Studies have found lower levels of the stress hormone cortisol, an increase in positive thoughts and overall feelings of rejuvenation in favour of outdoor exercise," says Logan, who trained as a naturopath in Toronto and now lives in Connecticut.

The latest study to hit medical journals is from the United Kingdom. Reviewers at the Peninsula College of Medicine and Dentistry at the University of Exeter collected data



► Active or inactive; which group are you in? Unfortunately, a majority of us are in the latter group. More than half of Canadian adults are considered inactive, according to ParticipACTION.

Walking

Walkers weigh less than sedentary people.

► Study A recent five-year study in Australia has found that people who walked more were not only likely to have a lower BMI, but were also at lower risk for developing Type 2 diabetes.

► How far should you walk? Many organizations, including ParticipACTION in Canada, recommend walking at least 10,000 steps a day.

from 11 trials involving 833 people.

They assessed how subjects felt after exercising indoors versus outdoors.

They concluded that exercising in nature gave people a greater feeling of revitalization and positive energy, as well as decreases in tension, confusion, anger and depression.

Their review was published in the journal Environmental Science and Technology on Feb. 4, 2011.

Studies in Japan have also found benefits of exercising outside in green spaces.

Trees emit chemicals called phytoncides, which act as de-stressors.

In a Japanese study, people who went into the country for "forest-bathing" had lower blood pressure than those who went to a city for the day.

Another Japanese study found that walking in the forest reduced glucose levels in people who already have diabetes.

The detox season begins

► Four tips to safely flush any toxins from your body

DAILY SQUEEZE

DR. ODESSA GILL
DR. GILL IS A NATUROPATHIC DOCTOR
AND CONTRIBUTING EXPERT ON
DAILY SQUEEZE.CA.

Patients ask me all the time whether they should undergo a detox. My easy answer is yes.

Today, more than ever, we are exposed to thousands of toxins in our environment. How can you tell if your body needs a cleaning? Symptoms such as indigestion, bloating, frequent headaches or a lack of energy are signs.

Here are my Top 4 tips for safe and effective detoxification.

Clean-up your diet

Try keeping a journal for a week to get an accurate sense of what you're eat-

ing. If your diet includes processed foods (white flour, sugar, hydrogenated fats or corn syrup sweetener), chances are you feel lethargic by mid-afternoon, short on brain-power and struggle to lose weight.

Keep hydrated

Water is absolutely essential for cleansing, so if you are not a habitual water drinker, drink 1.5 to two litres daily. To boost alkalinity and cleansing, try adding squeezed lemon. Keep in mind coffee and black teas are diuretics.

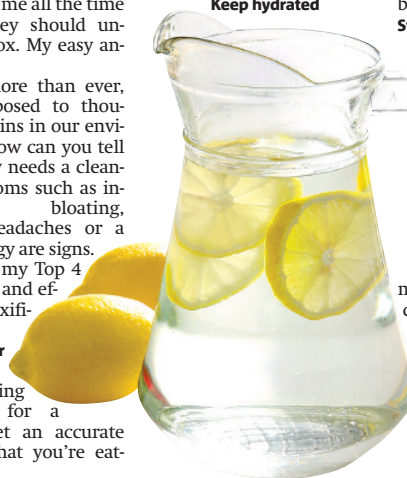
Stay active

Aim for at least 30 minutes of movement per day. Whether it is walking the dog or vacuuming, any consistent activity will help increase circulation and remove toxins.

Try some cleansing teas

A few of the most common herbs for cleansing include: milk thistle, dandelion root, schisandra (for liver detoxification), burdock root and nettle (for any skin ailments).

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Home cooking takes centre stage at Smith's

► The bakery and café serves up freshly made soups, pizzas and more

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

Smith's Bakery and Café is warm and welcoming on a wickedly cold winter's day. This north-end neighbourhood café is popular, with a constant flow of customers. Prices are good and service is friendly. Everything is freshly made, so my pal and I try a few things.



► The Corn Chowder at Smith's is served with a fresh biscuit.

The Chili arrives steaming hot with a delicious biscuit on the side. It is loaded with ground beef, kidney beans and tomatoes, but unfortunately it has been over-salted. We can't finish it.

The Corn Chowder, however, also served with a biscuit, is thick, hot and delicious.

The large slice of chicken and bacon pizza is tasty and has a very thick and breadly crust with a nice texture.

The Smoked Turkey, Bacon and Tomato Sandwich is excellent on toasted multi-grain bread, with potato chips on the side.

We can't possibly leave without dessert, so we

take home date squares to enjoy later with our afternoon tea.

► **Smith's Bakery & Café**
2525 Agicola St.
429-1393
smithsbakery.info
Reservations: No
Price range: \$\$
Rating: 3 out of 5

Mulled Cranberry Tea



EMILY RICHARDS
FOOD@METRONEWS.CA

namon sticks. Cover and cook on low for 3 to 5 hours.

Crock-Pot.com recommends using your slow cooker to simmer this delicious, nutritious and warming beverage.

Preparation:

1 In slow cooker crock pot combine juice, water, tea bags, cranberries, if using, sugar, lemon, cloves and cin-

2 Ladle into mugs and garnish with lemon slices and cinnamon sticks.

THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 6 cups (1.5 L) cranberry juice
- 1 cup (250 mL) boiling water
- 2 tea bags
- 1/2 cup (125 mL) dried

- cranberries (optional)
- 1/3 cup (75 mL) sugar
- 1 large lemon, cut into 1/4-inch (5 mm) slices
- 6 whole cloves
- 4 cinnamon sticks
- Thin lemon slices and cinnamon sticks

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► Kimberley & Faron

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Together since: 2004

Their story:

I (Kimberley) was working at a paint store as a colour consultant, and Faron came in asking about colours.

When I went to his house to help him pick his palette, he picked me up!

I must have turned down lunch, dinner and drinks at least five times, but he kept showing up at my work every day with coffees for me and my staff.

I finally agreed to go out with him, and nine months later we moved into the house that we had designed together.

Somehow, all of my stuff fit perfectly. Coincidence? I don't think so!

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I've been married for more than a year and I kept my last name. My mother-in-law keeps dropping subtle comments about a name change. I'm only worried this will get worse once we decide to have children. What can I do?

Angela says ...

I kept my last name too and have been surprised at how many people just assumed I'd changed it. It's a personal choice. Do what feels right to you and your beloved. Maybe your mother-in-law is questioning your commitment to her family?

Derek says...

Sometimes in life you simply have to ignore other people. This is one of those times.

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How would you like to pay for that?

► House lift or a facelift? How to pay depends on your financing personality



Whether you're eyeballing a facelift or a bathroom reno this spring, the type of loan you decide on is dependent on your own personal discipline level, says money expert Gail Vaz-Oxlade.

Highly disciplined people, she says, should use a line of credit because interest rates tend to be low and there's flexibility in paying it back. Poorly disciplined individuals who have trouble controlling their impulses would do better to take out a fixed personal loan because that can't be

dithered with.

"Ultimately, how you finance anything comes down to how cheap you can get it and what's the kind of credit that's best suited to you," says the host of Slice TV shows 'Til Debt Do Us Part and Princess.

The thing about money, even investing, says Vaz-Oxlade, is we generally work hard at making it way more complicated than it should be.

"When we talk about financial illiteracy in Canada, it exists because we keep throwing crap at them," says the book author and columnist.

"They can't wade through all the crap to make a decision. Give people three steps and they're happy with that. Don't over-complicate it."

Equity in your home is a good place to start if you're looking at borrowing more than \$10,000, says Lev Keselman, a senior mortgage consultant with Verico Paragon Mortgage Group in Vancouver.

If a tummy tuck beckons, though, Keselman recommends getting an unsecured line of credit from the bank because "it's not even worth it to touch your home equity for that." The reason? Legal and ap-

praisal fees will set you back about \$1,000.

A unique borrowing method that few Canadians think of but should be their life insurance policies, says financial adviser Mimi Tang.

Of course, you can always find more inventive ways to scrounge up the cash. Pat, who was living in Bloomfield, Ont., at the time, was in her '60s when she decided to sell her dining room furniture to finance a facelift.

"If you're going to have a facelift and you need the money, that would be the thing to do," says Vaz-Oxlade.

Credit, loan or card?



Being cautious while spending money may sound like an oxymoron, but financial advisers are the first to recommend this for guilt-free shopping.

Karin Mizgala, CEO of Money Coaches Canada, has never been an advocate of borrowing. She prefers to set aside, but realizes that there are things that leave no other option.

If you must borrow, make sure to shop around for the best interest rates.

Wolfgang Klein, a senior investment adviser, says secured credit lines offer the best rates, but require an asset such as a house. An unsecured line of credit, on

the other hand, only requires a good personal credit rating though the rate is a little higher.

Next best is a bank loan with a fixed lending period and payment amount. When it comes to mortgages Mizgala recommends sticking with a term of 25 years or less. The difference in monthly payments isn't significant, but you're paying a lot longer.

Credit cards are a last option. While convenient for larger purchases, you'll get on a debt cycle if you don't pay the balance each month. The other proven danger with credit cards is that you end up spending 30 to 40 per cent more than with cash.

Borrow to get ahead. Really?

You may not have thought you could borrow to get ahead, but you can. By planning and taking small steps, you could pay your mortgage down faster, reduce your debt sooner, and save on what you owe. All of which can help make your long-term goals more achievable.

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ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Financial literacy is the flavour of the month. The federal government's task force on the subject recently released a report full of common sense recommendations. But, so far, there is little money on the table for action.

Fortunately, one bank is ahead of the implementation game. Last week BMO launched a website to help parents raise financially



► Many young Canadians today are growing up with a minimal understanding of finance, which may lead to serious issues in the future.

literate children. Called SmartSteps for Parents (bmo.com/smartparents), it's chock-a-block with tips, tools and techniques to engage kids, answer parental questions and even entertain with a series of reality-style webisodes showing real families dealing with money dilemmas.

Disclosure: I am consulting expert to the initiative. Allying myself with a financial services firm is something I've avoided because my job is to analyze

and inform, which can conflict with the business of money.

But I've always been an advocate for financial literacy. The lack of it among the young is one of the most serious issues facing our nation. So, I was delighted when BMO asked me to consult on SmartSteps for Parents.

On the site I'm teamed with psychotherapist and parenting expert Alyson Schafer, author of many best selling books. Schafer's straightforward

advice provides plenty of outside-the-box ideas for parents.

What I particularly like about the site is its practicality. Rather than a lot of theories, the focus is on a step-by-step approach to foster financial know-how. The articles, interactive tools and games address key money issues for separate age groups ranging from ages five to 15. You'll also find:

Expert Blogs: Parents can interact with myself, Alyson Schafer and other parents who are often a valuable source of information.

The Zone: A place where tweens and teens can engage in activities including online games.

Web Series: See real parents relate their own experiences teaching their children the basics of money. Schafer and I provide commentary and tips.

Check out the website. I'd love your feedback, which I'll pass on to improve the site as it grows.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



TOP TAX QUESTIONS

What if you're really behind? If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. If you don't know how, hire someone. Better yet, hire a professional to ensure you're filing correctly and capturing all relevant taxable activities and tax-saving opportunities. If you're really behind on your taxes, tax specialists can help. Check out hrblock.ca, visit an accountant or file directly with Canada Revenue Agency yourself using netfile.gc.ca during tax season. Fortunately, there are no penalties for filing your tax return late as long as you don't owe money. But, the longer you let it go, the more complicated it gets.

(for federal tax purposes, you're considered common-law after living together for 12 months) you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep ALL your receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error (or if a new tax slip arrives late), you can submit a T1 Adjustment to the CRA.

What if I'm missing a form?

By law your tax forms, which are generated by your employer, bank or another issuing firm, must be filed with Canada Revenue Agency, so rest assured that your forms DO exist. You can request a replacement T4 or other tax slip by contacting the issuing agency.

Do I have to file a joint tax return?

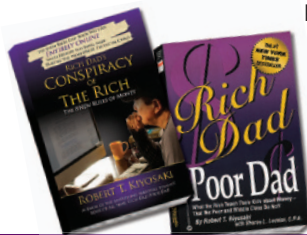
Taxes are filed on an individual basis in Canada. But, if you're married or living common-law

Tax laws and regulations change from time to time. It's important you research and consult a knowledgeable tax expert if and when you have tax related questions. Canada Revenue Agency has specific information on what you can deduct and receive credits for. You can also visit the Service Canada website servicecanada.gc.ca.

DISCOVER WHAT I KNOW AND STOP WORRYING ABOUT MONEY!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession,

but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.



Robert Kiyosaki's new book *Conspiracy of the Rich* is a NY Times Bestseller

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Robert Kiyosaki will not attend this event.

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For March 7th

- 9 Pink - Perfect
- 8 Rihanna - S&M
- 7 Diddy-Dirty \$\$ ft Skylar Gray - Coming Home
- 6 Bruno Mars - Grenade
- 5 Ke\$ha - Blow
- 4 Classified - That Ain't Classy
- 3 Wiz Khalifa - Black & Yellow
- 2 Lady Gaga - Born This Way
- 1 Avril Lavigne - What The Hell

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► An open house lets you get a feel for the place where you will spend the next few years



TOM MASON
HALIFAX@METRONEWS.CA

Ben Creaser is a grade 12 student in Dartmouth, N.S. He is planning on attending university next year, and to help him make up his mind, he has travelled to most of the universities on his list to attend open houses. "I've been to Acadia, Dalhousie, Kings and also to the University of Alberta.

At the universities Creaser sat in on mock lectures, met some of his prospective professors and spent a few hours touring the campuses in the company of volunteer students. "It really helped a lot," he says. "On paper

these universities are so similar. Visiting them helps to narrow down the decision. It shows you the character of each university and gives you a sense of how well you're going to fit in with the culture."

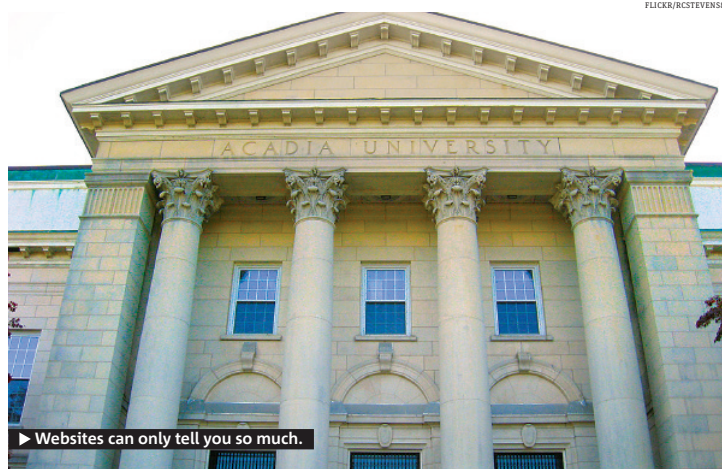
Choosing a university isn't all that different from buying a new shirt or test driving a new car, according to Saint Mary's University career councillor Karen Schaffer.

After all, you're going to be spending a lot of time on campus over the next few years, so you should try it on first.

With so much choice in when it comes to colleges and universities in Atlantic Canada, getting the most

out of an open house means doing some homework in advance, says Schaffer. "It can be intimidating to be on a campus for the first time, and it's easy for students to get overwhelmed," she says. "You should have a list of questions you want answered ... it's important to be prepared."

Even if a university happens to be in your hometown, a visit to an open house should still be mandatory, says Schaffer. "Every prospective university student should take advantage of open houses. It's hard to get the kind of information you need to make a decision from a website."



► Websites can only tell you so much.

Open houses start this week

Here is a schedule of open houses at post-secondary institutions in Atlantic Canada. If a school you are interested in is not on this list, the spring open house may have already been held. Contact the institution or visit its website for more information. Most will be able to accommodate a visit.

• Saint Mary's University — Open house for business students on March 11; Open house for arts stu-

dents on March 18

• Acadia University — Featuring a special open house March 11, including a dining hall meal, lectures and "frosh week in a day."

• New Brunswick Community College — Information sessions on March 17 and March 31

• Crandall University — Open house on March 19 from 1 p.m. to 3:30 p.m.

• Cape Breton University — Maintains an "open door policy" that encourages

prospective students to make an appointment to tour the campus at any time during the year.

• Nova Scotia Agricultural College — Schedules open houses in July

• University of Prince Edward Island — Schedules open houses in September

• Dalhousie University — Look for fall open house in October

• University of New Brunswick — Schedules open houses in October

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WMNS 345.66	Women and Politics

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4
sports

Quoted



"David Stern, like a lot of leaders we've seen in this world lately, don't really tolerate other people's opinion or free speech or anything. So I'm not really allowed to have an opinion. So it's up to him."

ORLANDO MAGIC COACH STAN VAN GUNDY ON DWIGHT HOWARD, WHO PICKED UP THE NBA'S FIRST SUSPENSION FOR EXCESSIVE TECHNICAL FOULS. VAN GUNDY QUOTED A STATISTIC THAT NOTES HOWARD HAS BEEN FOULED 593 TIMES THIS SEASON, NONE OF WHICH WERE LABELLED FLAGRANT.

"This is the system, David Stern and his minions like it."

VAN GUNDY



Scan code for more sports

Athletic Hodgson on CFL radar

He's only 26 years old with just one year of football under his belt, but Chris Hodgson has a reasonable chance of being selected in the CFL draft.

The Saint Mary's Huskies defensive lineman, a former Quebec Major Junior Hockey forward with the Bathurst Titan, spent last weekend at the CFL draft combine in Toronto.

His sensational test results — which included a

39.5-inch vertical, tops among defensive linemen, and a 10-inch broad jump, second on the list — have the scouting community intrigued.

"His athleticism alone is what kind of separates him," said Huskies head coach Steve Sumarah. "The numbers he put up in camp shows you how athletic he is."

Hodgson, a Fredericton native who put up 36 points in 57 games with

the Titan as a 19-year-old, played 52 games of pro hockey before spending a couple of seasons with the UNB Varsity Reds.

But Sumarah said Hodgson wanted to give football "a whirl," and after making the Huskies he appeared in every game with Saint Mary's in 2010 in a limited role on defence and special teams.

Sumarah said the six-foot-three 260-pounder improved by "leaps and

bounds" and that he "could be a contributing force" in the CFL if a team develops him on its practice roster.

"Those test results are the kinds of things that get you drafted," Sumarah said. "As much as they want to see you play, they want your athleticism. It's a prerequisite to play in the CFL ... and he has it. There's no question about it."

● MATTHEW WUEST



Chris Hodgson

Huskies face final test against X-Men

► Puck drops at 7 p.m. in do-or-die Game 5 ► Trip to nationals on the line for defending champs

MATTHEW WUEST
@METRONEWS.CA

The Saint Mary's Huskies don't plan to change much tonight at the Halifax Forum.

While they're one win away from a return trip to nationals, they're also a loss away from an abrupt end to their chase for a second straight University Cup.

It's the same situation they stared down in Antigonish on Sunday with a 4-1 win over the St. Francis Xavier X-Men to force a deciding Game 5 in the Atlantic University Sport best-of-five men's hockey semifinal.

"We're not going to change much at all — we'll make some minor adjustments and we might try to do some different looks off

faceoffs," said Huskies head coach Trevor Stienburg. "For the most part, we just have to will this out."

While the goals for and against are dead even in the series at 12 apiece, the Huskies have the edge in shots, 34-22 on average, and special teams, 6-for-20 on the power play and 11-for-12 on the penalty kill.

"We just have to find a way to go out there and want it more than they do," Stienburg said.

Waiting game

► The UNB Varsity Reds await the winner of the Saint Mary's-St. F.X. semifinal.

► UNB hosts the University Cup in Fredericton starting March 24.



► Huskies forward Brad Smith drives the net in front of X-Men goalie Joey Perricone during AUS action in 2009-10.

Canadian's reach final



Christine Sinclair

Canada continues to impress at the Cyprus Cup, defeating England 2-0 yesterday to advance to the final of the women's soccer tournament.

Captain Christine Sinclair and substitute Britanny Timko scored for the ninth-ranked Canadians, who improved to 3-0 at the tournament and 5-1 this year.

Canada has outscored

its opposition 4-0 in Cyprus, all the more impressive considering the women have not played since the Four Nations Tournament in China in January.

Canada had needed a win or draw to advance to tomorrow's final against the Netherlands, who finished atop Group A. The Dutch are ranked 15th in the world. **THE CANADIAN PRESS**

Sports in brief

Canada gets a World Cup win

CRICKET. Captain Ashish Bagai and Jimmy Hansra both made half-centuries in a 132-run stand as Canada defeated Kenya by five wickets yesterday for just its second career win at the Cricket World Cup.

THE ASSOCIATED PRESS

Duffy named first star

QMJHL. Ben Duffy of the P.E.I. Rocket was named the first star of the week in the QMJHL yesterday.

Duffy, of Sackville, had seven points in a pair of Rockets victories.

Philip-Michael Devos of the Gatineau Olympiques was the second star and Baie-Comeau forward Maxime Gravel was the third star. **THE CANADIAN PRESS**

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Community Events

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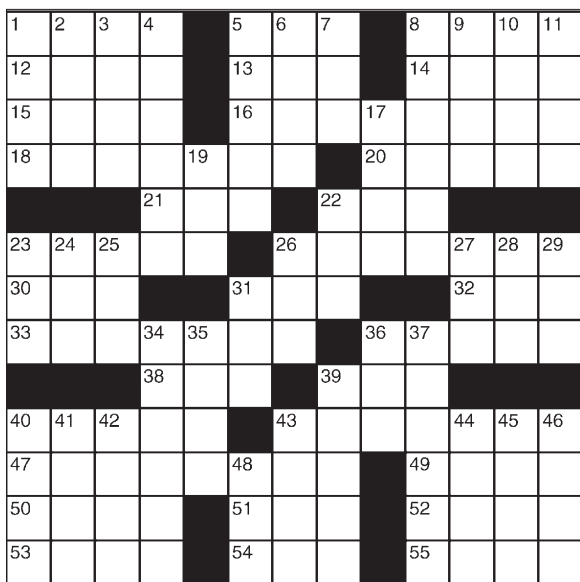
Crossword

Across

1 Rock band, Motley
—
5 Miller Sebastian
8 Sudden swerves
12 Stereo setup
13 Antique
14 And others (Lat.)
15 Enthusiastic, plus
16 Gushy love letter
18 Write quickly
20 Intended
21 Your
22 Explosive letters
23 Tremor
26 NYC-based TV
game show
30 Illustrations
31 Formalwear, for
short
32 Praise in verse
33 Attack with words
36 Parody
38 Hostel
39 Blower
40 Marshal Earp
43 Pound sign, on
Twitter
47 1950 Kurosawa
classic
49 Unbridled revelry
50 Sheltered
51 "Dancing With the
Stars" network
52 Teller
53 Bosc or Bartlett
54 Playing
55 Days gone by

Down

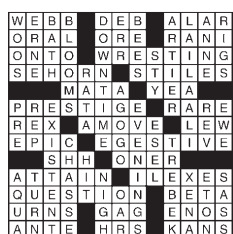
1 Neighbor of Sudan
2 Latvia's capital
3 Fleet from far away?
4 Skating figures



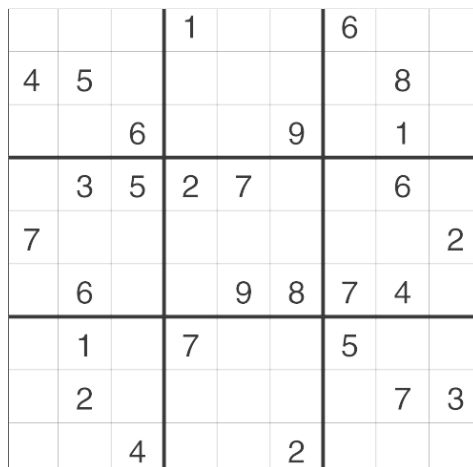
5 Snug and cozy
6 Minnesota's St. —
College
7 Mag. staffers
8 Pinnacle
9 Teens bit
10 Fence opening
11 Coaster
17 — Christian Ander-
sen
19 Resistance unit
22 IRS' share
23 "My gal" of song
24 Historic time
25 "— Impossible"
26 Snip
27 Barracks bed
28 Fuss
29 26-Across host Bai-
ley
31 Wine cask
34 Here
35 Not fooled by
36 — de deux
37 Wicked
39 Ornate
40 Cover a gift
41 New Haven school
42 On the briny
43 Vagrant
44 Small combo
45 Culture medium

46 Form a spiral
48 Wrestling surface

▶ Saturday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	6	9	2	3	4	1	7
2	1	7	8	4	5	3	9	6
9	3	4	7	6	1	5	8	2
1	8	3	2	9	7	6	5	4
6	9	5	1	3	4	2	7	8
7	4	2	5	8	6	9	3	1
3	2	8	6	7	9	1	4	5
5	7	9	4	1	2	8	6	3
4	6	1	3	5	8	7	2	9

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perfantastic. FYI your
hips NEVER lie... To one
spunky Lady
PANTYHOSE!!!! YOUR MAN
OF THE MONTH. HC XO

Hola Mi Mariposa, I was a
fool to let you go. You are
the best thing to ever hap-
pen to me. I'm ready to give
it another shot, if you'll
have me. WILL

Today's horoscope

♈ **Aries** March 21-April 20 You may think that you don't have to try too hard, and maybe you don't. But don't leave many things to chance or the results may not be to your liking.

♉ **Taurus** April 21-May 21 Your confidence may be high but don't fall into the trap of thinking that nothing can possibly go wrong. This is a good day for making plans but you must be flexible. Plans can change.

♊ **Gemini** May 22-June 21 You are under no obligation to go out of your way to help people and anyone who tries to convince you that you owe him or her your time, or even your money, is not to be trusted. Real friends don't make such demands.

♋ **Cancer** June 22-July 22 There are events going on behind the scenes that you can not possibly know about, so don't assume that things will work out as they always have. Be ready to watch and learn.

♌ **Leo** July 23-Aug. 23 The more people say you can trust them today, the more you should be on your guard. It's unlikely they are trying to mislead you, but it's possible that they don't know what is really going on.

♍ **Virgo** Aug. 24-Sept. 22 Opportunity is about to come knocking and when it does, you must grab it with both hands. Having said that, one particular offer may look too good to be true, so listen to your sixth sense.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ **Libra** Sept. 23-Oct. 23 The more time and energy you have put into a project, the more reluctant you will be to give up on it. However, the planets indicate you've gone as far as you can with it. It's time to move on.

♏ **Scorpio** Oct. 24-Nov. 22 By all means kick up a bit of a fuss today, especially if someone you thought you could trust lets you down at the last moment. However, notice the words "a bit".

♐ **Sagittarius** Nov. 23-Dec. 21 Avoid the temptation to point out the holes in someone's plans because he or she won't take kindly to you being so negative. It's his or her life — and mistakes.

♑ **Capricorn** Dec. 22-Jan. 20 You do best when you have a plan of action that will get you from where you are to where you want to be by the quickest time and shortest route. Don't change that today.

♒ **Aquarius** Jan. 21-Feb. 18 There is a danger that you'll try too hard to make a good impression and turn people off. Be who you are and let fate take care of the rest. If it's meant to be, it will be.

♓ **Pisces** Feb. 19-March 20 You may be tempted to tell a friend what he or she wants to hear rather than what he or she needs to hear. Don't do it. It's best to get bad news over with quickly rather than letting it drag on. SALLY BROMPTON

Caption contest



"I'm
the Green
Hornet's cousin,
Flying
Grasshopper."
JOANNE CHADEESINGH

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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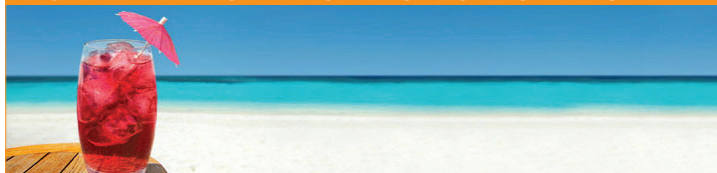
AIR CANADA VACATIONS

Deals of the week



Use your mobile application

GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WEEK



PRICE FREEZE Book by Mar. 11

CUBA | Holguin
Blau Costa Verde ●●●●●
All-Inclusive • Standard rm. • Mar. 26 & Apr. 9

\$799
Add taxes & other fees: \$155

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS

DOMINICAN REPUBLIC | Samana
Bahia Samana Roulette ●●●●●
All-Inclusive • Run of the house • Mar. 17 & 24 • 1 wk.

\$749
Add taxes & other fees: \$180

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe Cayacoa ●●●●● **PRIVILEGES**
All-Inclusive • Standard rm. • Mar. 17 & 24 • 1 wk.

\$799
Add taxes & other fees: \$180

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe El Portillo ●●●●● **PRIVILEGES**
All-Inclusive • Standard rm. • Mar. 17 & 24 • 1 wk.

\$849
Add taxes & other fees: \$180

BERMUDA
Surf Side Beach Hotel ●●●●●
Deluxe rm. • Mar. 19 & 26 • 1 wk.

\$1179
Add taxes & other fees: \$120

BERMUDA
The Fairmont Southampton ●●●●● **PRIVILEGES**
Fairmont rm. • Mar. 19 & 26 • 1 wk.

\$1399
Add taxes & other fees: \$120

CUBA | Cayo Coco/Cayo Guillermo
Emperador Laguna Villas & Resort ●●●●●
All-Inclusive • Club laguna rm. • Mar. 26, Apr. 9 & 16 • 1 wk.

\$889
Add taxes & other fees: \$155

CUBA | Cayo Coco/Cayo Guillermo
TRYP Cayo Coco ●●●●●
All-Inclusive • Standard rm. • Mar. 19 • 1 wk.

\$969
Add taxes & other fees: \$155

CUBA | Holguin
Sirenis Playa Turquesa ●●●●●
All-Inclusive • Superior rm. • Apr. 23 • 1 wk.

\$939
Add taxes & other fees: \$155

JAMAICA PRIVILEGES
Sunset Jamaica Grande Resort & Spa ●●●●●
All-Inclusive • Traditional standard rm. • Apr. 18 • 1 wk.

\$1299
Add taxes & other fees: \$127

JAMAICA PRIVILEGES
Gran Bahia Principe Jamaica ●●●●●
All-Inclusive • Junior suite • Apr. 11 • 1 wk.

\$1499
Add taxes & other fees: \$127

GRAND SIRENIS RIVIERA MAYA HOTEL & SPA

AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

MEXICO | Cancun/Riviera Maya via Toronto
Grand Sirenis Riviera Maya Hotel & Spa ●●●●●
Junior suite • June 3, 5 & 6

1ST CHILD¹
Add taxes & other fees: \$255

2ND CHILD¹
Add taxes & other fees: \$255

ADULT
Add taxes & other fees: \$255



Grand Sirenis Riviera Maya Hotel & Spa

USA | AIR & HOTEL

FLORIDA | Orlando via Toronto or Montreal
Clarion Resort & Waterpark ●●●●●
Double or twin guest rm. • Apr. 5 & 12 • 1 wk.

\$719
Add taxes & other fees: \$129

NEVADA | Las Vegas via Montreal
Circus Circus Hotel & Casino ●●●●●
Hotel - Tower rm. • May 15 • 3 nts.
RECEIVE 2 TICKETS TO CIRQUE DU SOLEIL® AND MORE²

\$759
Add taxes & other fees: \$137

EUROPE | AIR & TRAIN PASS

ENGLAND | London
Apr. 4 - May 23
Includes: Roundtrip flight to London (16 days) &
15-consecutive-day Britrail Pass (2nd class)
TRAVEL 1ST CLASS IN TRAIN FOR AN EXTRA \$15 A DAY



\$1119
Add taxes & other fees: \$481

FRANCE | Paris via Toronto or Montreal
May 9 - June 16
Includes: Roundtrip flight to Paris (max. 2 months) &
5-day (3 countries in 2 months) Eurail Select Pass
1ST CLASS TRAIN SAVER PASS (2-5 PASSENGERS)



\$1139
Add taxes & other fees: \$421

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FOR 90 DAYS on select models*

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MP3/USB INPUT
BLUETOOTH CONNECTIVITY*



ELECTRONIC STABILITY CONTROL



HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

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MOTORING 2011



Forte SX shown

THE ALL-NEW 2011 KIA FORTE 5

OWN IT FROM **\$104*** AT **1.9% LOAN APR** DOWN PAYMENT **\$0**

bi-weekly for 60 months amortized over 84 months. \$5,308 remaining balance. Includes delivery + destination and PPSSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE	2011 Kia Forte5-door EX AT	2011 Mazda3 Sport GS AT	2011 Toyota Matrix w/conv. pkg AT
Comprehensive 5-year Warranty	✓	X	X
CD/MP3 Stereo with USB & AUX	✓	X	X
Voice Activated Bluetooth*	✓	✓	X
Steering Wheel Audio and Cruise Controls	✓	✓	✓
Electronic Stability Control	✓	X	✓
4-wheel Disc Brakes with ABS	✓	X	✓



Forte SX shown

2011 KIA FORTE SEDAN

OWN IT FROM **\$99*** AT **1.49% LOAN APR** DOWN PAYMENT **\$0**

bi-weekly for 60 months amortized over 84 months. \$5,048 remaining balance. Includes delivery + destination and PPSSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE	2011 Kia Forte EX AT	2011 Toyota Corolla CE AT w/conv. pkg	2011 Honda Civic DX-G AT
Comprehensive 5-year Warranty	✓	X	X
Horsepower	156 hp @ 6,200 rpm	132 hp @ 6,000 rpm	140 hp @ 6,300 rpm
Torque	144 lb. ft. @ 4,300 rpm	128 lb. ft. @ 4,400 rpm	128 lb. ft. @ 4,300 rpm
CD/MP3 Stereo with USB & AUX	✓	X	X
Voice Activated Bluetooth*	✓	X	X
Electronic Stability Control	✓	✓	X



Forte Koup SX shown

2 DOOR KOU

2011 KIA FORTE KOU

OWN IT FROM **\$126*** AT **3.9% LOAN APR** DOWN PAYMENT **\$0**

bi-weekly for 60 months amortized over 84 months. \$6,290 remaining balance. Includes delivery + destination and PPSSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE	2011 Kia Forte Koup EX AT	2011 Honda Civic Coupe DX-G AT	2010 Chevrolet Cobalt Coupe LT AT
Comprehensive 5-year Warranty	✓	X	X
Horsepower	156 hp @ 6,200 rpm	140 hp @ 6,300 rpm	155 hp @ 6,100 rpm
Heated Front Seats	✓	X	X
CD/MP3 Stereo with USB & AUX	✓	X	X
Voice Activated Bluetooth*	✓	X	X
Electronic Stability Control	✓	X	X



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- *5-year/100,000 km worry-free comprehensive warranty
- *5-year/100,000 km powertrain warranty
- *5-year/100,000 km extra care roadside assistance
- *no deductible charge

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Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.



0% purchase financing available on all 2011 models on approved credit (DAC). Term varies by model and trim. *Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Rio, 2011 Rio5, 2011 Magentis, 2011 Biondo and 2011 Soul models on approved credit (DAC). No interest will accrue during the first 90 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *84-weekly finance payment for 2011 Forte5 (F05508)/2011 Forte Koup (F05208) based on an MSRP of \$16,695/\$15,995/\$18,995 is \$104/\$99/\$126 with an APR of 1.9%/1.49%/3.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,308/\$5,048/\$6,290 plus applicable taxes due at end of 60-month period. Delivery and destination fees of \$1,425 and \$78 PPSSA included. Loan credit for 2011 Forte Sedan (F05408)/2011 Forte Koup (F05208)/2011 Forte5 (F05508) is \$500 and is available on purchase financing only on approved credit (DAC). Loan credit varies by model and trim. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. Vehicle images shown may include optional accessories and upgrades. *Highway/city fuel consumption for 2011 Forte Sedan (F05408)/Forte5 (F05508)/Forte Koup (F05208) is 5.7L (50 MPG)/8.1L (35 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnergyGuide Fuel Consumption Guide. *2011 Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. **2011 Kia Forte5 awarded 2011 Best Small Car Of The Year (over \$20,000) and Best Hatchback by Motoring 2011. Visit www.motoringtv.com for full details. "The Bluetooth" word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Offers end March 31, 2011. KIA is a trademark of Kia Motors Corporation. © 2011 Kia Canada Inc. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.



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